

Hard yakka, organic lifestyle the secrets to her success

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A punishing new training regime and chemical-free diet have helped transform Samantha Stosur into arguably the fittest player on the women's tour.

Stosur won just one match at the four grand slam tournaments in a disappointing 2005 but has been whipped into shape by internationally-renowned Sydney physical trainer Giselle Tirado.

The reward for the 21-year-old's peak conditioning is a fourth-round Australian Open showdown tonight against former world No. 1 Martina Hingis.

"Before Giselle, I was terrible... I was a very average trainer," Stosur revealed yesterday. "I had nothing set out physically."

Now, though, Stosur's daily routine is set in stone – and the Queenslander arrived at Melbourne Park as hard as a rock thanks to a rigorous Christmas-time training schedule free of tennis and full of hard yakka.

Tirado, a long-time Australian touch football representative who once travelled the WTA Tour as conditioner and massage therapist for former world No. 1s Martina Navratilova, Jennifer Capriati and Arantxa Sanchez-Vicario, had Stosur sweating it out from morning until night.

After spending time with Stosur last

Just as importantly, Stosur has complemented her new-found professionalism with a totally organic lifestyle.

"Even her shampoo, conditioner, soap and toothpaste are organic," Tirado said.

"Keep her free of chemicals and try to keep her as organic as possible."
"And no Coke," said Stosur, who gradually began backing off from physical work and started hitting balls just after Christmas.

The results of the Stosur-Tirado union were on display early in the season when the Gold Coast won all three of her singles matches at the Hopman Cup in Perth and her foray into the last 16 of a grand slam for the first time in her career is no coincidence.

"I'd say she'd have to be up there with the fittest players in the world," Tirado said.

"She's a great trainer. She always does what she has to do and never complains.

"She's definitely got the game to beat Hingis and she's always going to have an edge in fitness because she's



THE DAILY GRIND

7.30am BREAKFAST

Combination of oatmeal, muesli, fruit, wholegrain bread, eggs, baked beans and juice.

9am-11am

Aerobics/cardiovascular session – combination of running up sandhills, run-swim runs at the beach.

More speed, agility and footwork drills as Open draws closer.

12.30pm LUNCH

Salad sandwich and orange, pineapple and ginger juice.

3pm-5pm

Gym work focusing on power and strength.

5pm-6pm

Stretching, pool work or massage.

6pm

Ice bath to aid recovery.

7.30pm DINNER

Steamed fish and vegetables or Thai for a treat.

10pm BED